

TOO WEAK TO DO ANYTHING

A Serious Feminine Illness Remedied
By Lydia E. Pinkham's Vegetable Compound.

Casco, Wis.—"After the birth of each of my children I had displacement and was so weak I couldn't do anything. I found a book about Lydia E. Pinkham's Vegetable Compound so I thought I would try it, and after taking it I soon felt better. That was fifteen years ago and I have felt well ever since except that I had a slight attack of the trouble some time ago and took some more of your Compound and was soon all right again. I always recommend your medicine and you may publish my testimonial for the benefit of other women."—Mrs. JULES BERO, JR., R. 1, Box 99, Casco, Wis.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

To abort a cold and prevent complications, take



The purified and refined calomel tablets that are nausealess, safe and sure. Medicinal virtues retained and improved. Sold only in sealed packages. Price 35c.

Liver and Bowels Right—Always Feel Fine

There's one right way to speedily tone up the liver and keep the bowels regular.

Carter's Little Liver Pills never fail. Millions will testify that there is nothing so good for biliousness, indigestion, headache or sallow, pimply skin. Purely vegetable. Small Pill—Small Dose—Small Price.

DR. CARTER'S LITTLE LIVER PILLS. Nature's great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness.

DON'T DESPAIR

If you are troubled with pains in aches; feel tired; have headache, indigestion, insomnia; painful passage of urine, you will find relief in

GOLD MEDAL TARLEUM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles and National Remedy of Holland since 1895. Three sizes, all druggists. Guaranteed. Look for the name Gold Medal on every box and accept no imitation.

Its Appearance. "I have found a part of your missing medical book." "What part is it?" "It looks like the vermiform appendix."

A postal card to Garfield Tea Co., Brooklyn, N. Y., asking for sample will repay you.—Adv.

The Thing That Counts. A girl doesn't mind her rival's being exceedingly clever if she is also consoling ugly.

Use MURINE Night and Morning Keep Your Eyes Clean—Clear—Healthy

MANUFACTURE OF ICE BY NATURE

Freezing Is Done Just as Cheaply at Present Time as It Was Before War.

FARM FAMILY NEEDS SUPPLY

Thousands of People Neglect Opportunities to Provide Themselves With Abundance of It at No Cost of Making.

(Prepared by the United States Department of Agriculture.)

SQUARE FEET OF ICE SURFACE REQUIRED PER TON OF ICE.

Thickness of ice.	Number of cakes required per ton.	Cutting space required per ton.
Inches.		Square feet.
4	51.8	105.4
6	34.5	70.2
8	25.9	52.5
10	20.7	41.4
12	17.2	35.1
14	15.5	31.7
16	14.1	28.8
18	12.9	26.4
20	11.8	24.1
22	10.9	22.3

Is there any man who would not avail himself of any necessary commodity he could find that has not increased in cost?

Well, here is one thing that has not: Nature is freezing ice just as cheaply as it was before the war.

And yet, there are thousands of people—people who need ice—neglecting opportunities to provide themselves with an abundance of it at no cost of manufacture whatever. Where no extra labor is hired the cost of cutting and hauling is no more than it used to be, and the actual manufacturing cost is as it always has been—nothing.

Every farm family needs ice. With ice in the farm ice-house, a hundred comforts are possible all through hot weather. They could not be had if the ice-house were empty. And, with few exceptions, farmers who produce milk or butter for sale, as the United States department of agriculture has frequently pointed out, simply can not have a full measure of success without ice. The absence of ice generally means a big money loss, but it means more than that. Sour milk makes a bitter man. The dairy farmer who has to haul back home a lot of sour milk or cream every few days simply is not in a frame of mind to enjoy any of the good things of life.

A great many men honestly mean to harvest a crop of ice, but never do it. The pond freezes. They think, perhaps, that the ice is not quite thick enough. Or else they simply procrastinate, waiting, like Nicodemus, for a



This Sort of Thing May Be Made a Picnic as Well as a Profits Promoter.

more convenient season. It does not always come. The pond does not always freeze a second time. Boreas may be the most rigorous of the gods, but he is also one of the most unreliable. It is not safe, therefore, to defer harvesting a house full of ice.

Many Kinds of Ice-Houses.

The house may be any one of many kinds. An ideal ice-house is one thing. A house that will keep ice is quite another thing. Farmers' Bulletin 623 of the United States department of agriculture gives full information concerning them.

The ice-harvesting season fortunately comes at a time when there is the least work on the farm for men and teams, and consequently the actual money cost is usually not very great.

The quantity of ice needed depends upon the location of the farm—whether in the North or in the South, the number of cows milked, and the method of handling the product. In the northern states it has been found that, with a moderately good ice-house, one-half of a ton of ice per cow is sufficient to cool cream and hold it at a low temperature for delivery two or three times a week. One and one-half or two tons per cow should be provided where milk is to be cooled.

Capacity of Ice-Houses.

A cubic foot of ice weighs about 57 pounds, so in storing ice it is customary to allow from 40 to 50 cubic feet per ton for the mass of ice. At least 12 inches must be left between the ice and the wall of the building for insulation, unless the ice-house has permanently insulated walls and an

unusually large space for insulation, beneath and above the ice. From these figures it is possible to calculate readily the quantity of ice that any given ice-house will hold.

Where a lake, pond, or stream of clear water is not available, some preliminary work in preparing the ice field will be required before freezing weather sets in. It is therefore advisable to make all plans for the work as soon as possible. Water for the ice supply should be entirely free from contamination or pollution. Ponds and sluggish streams usually have grass and weeds growing in them, so that the ice harvest is likely to contain decayed vegetable matter, which is always objectionable. They should therefore be thoroughly cleared of such growths before the ice has formed.

In some sections it is necessary to impound the water for producing ice. This may be done either by excavating and diverting a stream into the excavation, or by constructing dams across low areas. In localities where very low temperatures prevail for several weeks at a time and the supply of pure water is limited, blocks of ice may be frozen in metal cans or in special fiber containers.

Size of the Ice Field.

In harvesting ice it is desirable to have a field of sufficient size to fill the ice-house at a single cutting, as the thickness and quality of the ice will be more nearly uniform, and the necessary preparation for cutting and harvesting need be made but once. In many instances, however, the size of the pond or stream is such that it is necessary to wait for a second crop in order to fill the ice-house. The average farmer requires only a comparatively small quantity of ice, so that even a small harvesting surface will usually prove large enough, especially if ice is cut the second time. The square feet of surface required per ton is shown in the accompanying table. Size of cake, 22 by 22 inches.

Few Tools Required.

When a small quantity of ice is to be harvested, but few tools are required. The following list contains those actually needed for harvesting ice on a small scale: Two ice saws, one hand marker, one pulley and rope, two pairs of ice tongs, two ice-hooks, one pointed bar and one straight edge. While these tools are all that are necessary, additional ones, such as the horse plow and marker, horse scraper and marker, and a calking bar, are convenient, and will help to expedite the work of ice harvesting.

LITTLE BUTTER IS EXPORTED

Product Manufactured in the United States Is Small Factor in International Trade.

Butter made in the United States is a very small factor in the international butter trade, according to compilations made by dairy experts of the United States department of agriculture. More than 99 per cent of our butter business has been entirely domestic, except in the last three years. Even small exports and imports, however, have a considerable effect on prices. That condition is especially true in countries where butter production and consumption are nearly equal. The United Kingdom and Germany were the principal butter-importing nations, and Europe in the last decade has been unable to supply its own butter needs. Shortly before the war Siberia, Australia and New Zealand supplied most of the butter which Europe imported.

GET PROFIT FROM POTATOES

Badly Cut, Mashed, Frosted and Damaged Tubers Not Wanted by Dealers or Consumers.

(Prepared by the United States Department of Agriculture.)

Shippers of potatoes will profit by heeding market demands and preferences. Dealers and consumers do not desire badly cut, mashed, frosted, and decayed potatoes or those damaged by sunburn, blight, dry rot, or an excess of scab or second growth. Markets frequently are overloaded, prices seriously affected, and unnecessary losses sustained by growers because of the shipment of such unsatisfactory stock.

GENERAL FARM NOTES

The farmer is the only man who can live at home and succeed at it.

Watch the squash and cabbage stored in the cellar. Both are apt to decay at this time of year.

Lots of land and big muscles will pay, but less land and plenty of active brains may pay better.

"Cut only dead and dying timber," is a good rule to go by in thinning the standing trees for fuel.

Burn all rubbish from the garden. Its value as compost will not offset the damage from the insects and disease found in this trash.

Farmers who keep cows, feed hogs and raise sheep usually save enough manure to keep up a portion of their land so large crops can be grown.

Pocket gophers may be poisoned by putting strychnine crystals in raw carrots or potatoes and putting the pieces in the pocket-gopher runs, preferably the branch runs.

SEE SHABBY, FADED GARMENTS TURN NEW

"Diamond Dyes" Make Old Apparel Fresh and Stylish.

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods, dresses, blouses, stockings, skirts, children's coats, feathers, draperies, coverings—everything!

The Direction Book with each package tells how to diamond dye over any color.

To match any material, have dealer show you "Diamond Dye" Color Card.—Adv.

A bachelor doesn't consider a girl baby worth kissing unless she is sweet sixteen.

GREEN'S AUGUST FLOWER.

Constipation invites other troubles which come speedily unless quickly checked and overcome by Green's August Flower which is a gentle laxative, regulates digestion both in stomach and intestines, cleans and sweetens the stomach and alimentary canal, stimulates the liver to secrete the bile and impurities from the blood. It is a sovereign remedy used in many thousands of households all over the civilized world for more than half a century by those who have suffered with indigestion, nervous dyspepsia, sluggish liver, coming up of food, palpitation, constipation and other intestinal troubles. Sold by druggists and dealers everywhere. Try a bottle, take no substitute.—Adv.

The most popular men of letters are the postmen.

YOUR COLD IS EASED AFTER THE FIRST DOSE

"Pape's Cold Compound" then breaks up a cold in a few hours.

Relief comes instantly. A dose taken every two hours until three doses are taken usually breaks up a severe cold and ends all the gripe misery.

The very first dose opens your clogged-up nostrils and the air passages in the head, stops nose running, relieves the headache, dullness, feverishness, sneezing, soreness and stiffness.

Don't stay stuffed-up! Quit blowing and snuffling! Clear your congested head! Nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only a few cents at any drug store. It acts without assistance, tastes nice, contains no quinine—Insist upon Pape's!—Adv.

A fool at forty may have known it all at twenty.

Catarh Cannot Be Cured by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarh is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarh. It is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarh conditions. Druggists sell. Testimonials free. F. J. Cheney & Co., Props., Toledo, Ohio.

A charming woman is never aware of her charms.

For Constipation, Biliousness, Liver and Kidney troubles, take Garfield Tea.—Adv.

Get-rich-quick schemes are all right—until you wake up.

Guatemala's first plant for the manufacture of cement has been started by American interests.

Taking Garfield Tea keeps the system clean, the blood pure and the general health good. Buy from your druggist.—Adv.

Be up and doing—but be careful what or whom you undertake to do.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 3 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

We never think of looking for microbes in the milk of human kindness.

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of *Dr. J. C. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

A stitch at nine may prevent a rip at ten.



If not—Give them Bee Dee Stock & Poultry Medicine. The old reliable BLACK-DRAUGHT for Stock and poultry. Ask your merchant! Merchants: ask your jobber's salesman about Bee Dee!

Cuticura Soap SHAVES Without Mug

Cuticura Soap is the favorite for safety razor shaving.



What Is Rheumatism? Why Suffer from It?

Sufferers Should Realize That It Is a Blood Infection.

Doubtless like other sufferers, you have often asked yourself this question, which continues to remain unanswered.

Science has proven that Rheumatism is caused by a germ in your blood, and the only way to reach it is by a remedy which eliminates and removes these little pain demons.

Sure Relief



Lots of people look easy until you try to do them.

INDIGESTION Caused by Acid-Stomach

Millions of people—in fact about 3 out of 10—suffer more or less from indigestion, acute or chronic. Nearly every case is caused by Acid-Stomach.

There are other stomach disorders which also are sure signs of Acid-Stomach—belching, heartburn, bloating after eating, food rising, sour, gassy stomach. There are many ailments which, while they do not cause much distress in the stomach itself, are, nevertheless, traceable to an acid stomach. Among these are nervousness, biliousness, cirrhosis of the liver, rheumatism, impoverished blood, weakness, insomnia, melancholia and a long train of physical and mental miseries that keep the victims in miserable health year after year. The right thing to do is to attack these ailments at their source—get rid of the acid stomach. A wonderful modern remedy called EATONIC now makes it easy to do this. One of hundreds of thousands of grateful users of EATONIC writes: "I have been troubled with intestinal indigestion for about nine years and have spent quite a sum for medicine, but without relief. After using EATONIC for a few days the gas and pain in my bowels disappeared. EATONIC is just the remedy I needed."

We have thousands of letters telling of these marvelous benefits. Try EATONIC and you, too, will be just as enthusiastic in its praise.

Your druggist has EATONIC. Get a big box from him today. He will refund your money if you are not satisfied.

EATONIC (FOR YOUR ACID-STOMACH)

PARKER'S HAIR BALM. Removes Dandruff, Itching, Falling, Restores Color to the Hair. Beauty to Gray and Faded Hair. 50c. and \$1.00 at druggists. (Hiby Chem. Wks., Hutchinson, N.Y.)

HINDERCORNS. Removes Corns, Calluses, etc., from all parts, ensures comfort to the feet, makes walking easy. 10c. by mail or at druggists. Hixson Chemical Works, Easton, Pa.

Collections. Make yours yourself with the Money Getter Letters. Guaranteed results. Send 12 for 20c letters with appropriate stubs for each to Legal Pub. Co., Moberly, Mo.

FLORIDA FARM NEWS. 112 East Park Ave., Tampa, Fla. Three mos. subscription and folder of beautiful subropical views, 15c.

FRECKLES. POSITIVELY REMOVED BY Dr. Burt's Freckle Ointment—Your druggist at 25c. 2575 Michigan Avenue, Chicago.

ICELESS Cooling Machines for dairies, butchers. Better than ice. H. A. Born Co., Chicago.

W. N. U., ST. LOUIS, NO. 4-1920.

DISEASE AMONG HORSES—the answer is SPOHN'S DISTEMPER COMPOUND

Wherever there is contagious disease among horses SPOHN'S is the solution of all trouble. SPOHN'S is invaluable in all cases of DISTEMPER, PINK EYE, INFLUENZA, COUGHS and COLDS. A few drops a day will protect your horse exposed to disease. Regular doses three times a day will act marvelously on your horse actually sick.

SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

Back of the Quality in Every Cup

Wm. Schotten Coffee Co.

St. Louis, U.S.A.

Importers of Coffee, Tea and Spices

SCHOTTEN—super-goodness in coffee—always the same in every package—is assured by the Schotten way of bringing the original plantation quality direct to you. Schotten methods and Schotten care guard the handling of these fine coffees—Sinbad, Golden Days and Queen's Taste—all the way from coffee tree to your hands.

Ask your grocer! His store is our local branch in your town.

Grocers: Write for our Cof-E-Log—Full particulars about the Schotten Way—Direct from plantation to table.